

Contents



The Major Issues 1

MODULE 1.1 The Mind–Brain Relationship 2

- Biological Explanations of Behavior 3
- The Brain and Conscious Experience 5
- Career Opportunities 7
- In Closing: Your Brain and Your Experience 9

MODULE 1.2 The Genetics of Behavior 11

- Mendelian Genetics 11
 - Sex-Linked and Sex-Limited Genes 12
- Heredity and Environment 13
 - Possible Complications 13
 - Environmental Modification 14
 - How Genes Affect Behavior 14
- The Evolution of Behavior 15
 - Common Misunderstandings About Evolution 15
 - Evolutionary Psychology 17
- In Closing: Genes and Behavior 19

MODULE 1.3 The Use of Animals in Research 21

- Reasons for Animal Research 21
- The Ethical Debate 22
 - Degrees of Opposition 23
 - Possible Compromise 23
- In Closing: Humans and Animals 24
- Exploration and Study 25



Nerve Cells and Nerve Impulses 27

MODULE 2.1 The Cells of the Nervous System 28

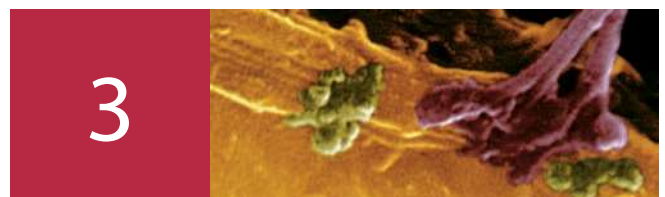
- Anatomy of Neurons and Glia 28

APPLICATIONS AND EXTENSIONS Santiago Ramón y Cajal, a Pioneer of Neuroscience 28

- The Structures of an Animal Cell 29
- The Structure of a Neuron 30
- Variations Among Neurons 32
- Glia 32
- The Blood-Brain Barrier 34
 - Why We Need a Blood-Brain Barrier 34
 - How the Blood-Brain Barrier Works 34
- The Nourishment of Vertebrate Neurons 35
- In Closing: Neurons 36

MODULE 2.2 The Nerve Impulse 37

- The Resting Potential of the Neuron 37
 - Forces Acting on Sodium and Potassium Ions 38
 - Why a Resting Potential? 39
- The Action Potential 40
 - The Molecular Basis of the Action Potential 40
 - The All-or-None Law 42
 - The Refractory Period 42
- Propagation of the Action Potential 43
- The Myelin Sheath and Saltatory Conduction 44
- Local Neurons 45
 - Graded Potentials 45
- APPLICATIONS AND EXTENSIONS Small Neurons and Big Misconceptions 45
- In Closing: Neural Messages 46
- Exploration and Study 47



Synapses 49

MODULE 3.1 The Concept of the Synapse 50

- The Properties of Synapses 50
 - Speed of a Reflex and Delayed Transmission at the Synapse 51
 - Temporal Summation 51
 - Spatial Summation 51
 - Inhibitory Synapses 53
- Relationship Among EPSP, IPSP, and Action Potentials 54
- In Closing: The Neuron as Decision Maker 54

MODULE 3.2 Chemical Events at the Synapse 56

The Discovery of Chemical Transmission at Synapses 56

The Sequence of Chemical Events at a Synapse 57

Types of Neurotransmitters 58

Synthesis of Transmitters 58

Transport and Storage of Transmitters 59

Release and Diffusion of Transmitters 60

Activation of Receptors of the Postsynaptic Cell 60

Inactivation and Reuptake of Neurotransmitters 61

Negative Feedback From the Postsynaptic Cell 66

In Closing: Neurotransmitters and Behavior 66

MODULE 3.3 Synapses, Drugs, and Addictions 68

Types of Mechanisms 68

What Abused Drugs Have in Common 68

A Survey of Abused Drugs 70

Stimulant Drugs 70

Nicotine 71

Opiates 72

Marijuana 72

Hallucinogenic Drugs 73

Alcohol and Alcoholism 73

Genetics 73

Risk Factors 74

Addiction 75

Seeking Pleasure and Avoiding Displeasure 76

Cravings in Response to Cues 76

Brain Reorganization 76

Medications to Combat Substance Abuse 77

Medications to Combat Alcohol Abuse 77

Medications to Combat Opiate Abuse 78

In Closing: Drugs and Behavior 78

Exploration and Study 80

The Forebrain 92

Thalamus 92

Hypothalamus 92

Pituitary Gland 93

Basal Ganglia 94

Basal Forebrain 95

Hippocampus 95

The Ventricles 95

In Closing: Learning Neuroanatomy 96

MODULE 4.2 The Cerebral Cortex 98

Organization of the Cerebral Cortex 98

The Occipital Lobe 100

The Parietal Lobe 100

The Temporal Lobe 100

The Frontal Lobe 102

APPLICATIONS AND EXTENSIONS The Rise and Fall of Prefrontal Lobotomies 103

Modern View of the Prefrontal Cortex 103

How Do the Parts Work Together? 103

In Closing: Functions of the Cerebral Cortex 105

MODULE 4.3 Research Methods 107

Correlating Brain Anatomy With Behavior 107

Recording Brain Activity 109

Effects of Brain Damage 111

Effects of Brain Stimulation 113

Differences in Brain Size and Structure 114

Comparisons Across Species 114

Comparisons Among Humans 115

Comparisons of Men and Women 117

In Closing: Research Methods and Their Limits 119

Exploration and Study 120

**Anatomy of the Nervous System** 83**MODULE 4.1 Structure of the Vertebrate Nervous System** 84

Terminology to Describe the Nervous System 84

The Spinal Cord 86

The Autonomic Nervous System 87

APPLICATIONS AND EXTENSIONS Goose Bumps 87

The Hindbrain 89

The Midbrain 91

**Development and Plasticity of the Brain** 123**MODULE 5.1 Development of the Brain** 124

Maturation of the Vertebrate Brain 124

Growth and Development of Neurons 124

New Neurons Later in Life 125

- Pathfinding by Axons 126
 - Chemical Pathfinding by Axons 126
 - Competition Among Axons as a General Principle 128
- Determinants of Neuronal Survival 129
- The Vulnerable Developing Brain 130
- Differentiation of the Cortex 131
- Fine-Tuning by Experience 132
 - Experience and Dendritic Branching 132
 - Effects of Special Experiences 134
- In Closing: Brain Development 137

MODULE 5.2 Plasticity After Brain Damage 139

- Brain Damage and Short-Term Recovery 139
 - APPLICATIONS AND EXTENSIONS** How Woodpeckers Avoid Concussions 139
 - Reducing the Harm From a Stroke 139
- Later Mechanisms of Recovery 141
 - Increased Brain Stimulation 141
 - The Regrowth of Axons 142
 - Sprouting 142
 - Denervation Supersensitivity 143
 - Reorganized Sensory Representations and the Phantom Limb 142
 - Learned Adjustments in Behavior 145
- In Closing: Brain Damage and Recovery 147
- Exploration and Study 148



Vision 151

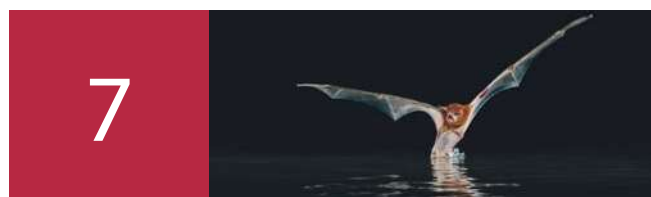
- MODULE 6.1 Visual Coding** 152
 - General Principles of Perception 152
 - From Neuronal Activity to Perception 152
 - The Eye and Its Connections to the Brain 153
 - Route Within the Retina 154
 - Fovea and Periphery of the Retina 155
 - Visual Receptors: Rods and Cones 155
 - Color Vision 157
 - The Trichromatic (Young-Helmholtz) Theory 157
 - The Opponent-Process Theory 159
 - The Retinex Theory 160
 - Color Vision Deficiency 162
 - APPLICATIONS AND EXTENSIONS** People With Four Cone Types 162
- In Closing: Visual Receptors 163

MODULE 6.2 Neural Basis of Visual Perception 165

- An Overview of the Mammalian Visual System 165
- Processing in the Retina 165
- Pathways to the Lateral Geniculate and Beyond 168
- Pattern Recognition in the Cerebral Cortex 169
 - Pathways in the Visual Cortex 170
 - The Shape Pathway 171
- METHODS 6.1** Microelectrode Recordings 171
 - The Columnar Organization of the Visual Cortex 172
 - Are Visual Cortex Cells Feature Detectors? 173
 - Shape Analysis Beyond Area V1 174
- Disorders of Object Recognition 174
- The Color, Motion, and Depth Pathways 175
 - Motion Perception 175
- APPLICATIONS AND EXTENSIONS** Suppressed Vision During Eye Movements 177
- Motion Blindness 177
- In Closing: From Single Cells to Vision 178

MODULE 6.3 Visual Development 180

- Vision by Human Infants 180
 - Attention to Faces and Face Recognition 180
- Early Experience and Visual Development 180
 - Deprived Experience in One Eye 180
 - Deprived Experience in Both Eyes 181
 - Uncorrelated Stimulation in the Two Eyes 182
 - Early Exposure to a Limited Array of Patterns 183
 - Impaired Infant Vision and Long-Term Consequences 183
- In Closing: The Nature and Nurture of Vision 186
- Exploration and Study 187



The Other Sensory Systems 189

- MODULE 7.1 Audition** 190
 - Sound and the Ear 190
 - Physical and Psychological Dimensions of Sound 190
 - Structures of the Ear 190
 - Pitch Perception 192
 - Frequency Theory and Place Theory 192
 - The Auditory Cortex 194
 - Hearing Loss 196
 - Sound Localization 196
 - In Closing: Functions of Hearing 198

MODULE 7.2 The Mechanical Senses 199

- Vestibular Sensation 199
- Somatosensation 199
 - Somatosensory Receptors 199
- APPLICATIONS AND EXTENSIONS** Tickle 200
 - Input to the Central Nervous System 201
- Pain 203
 - Pain Stimuli and the Pain Pathways 203
 - Ways of Relieving Pain 204
 - Sensitization of Pain 207
- Itch 207
- In Closing: The Mechanical Senses 208

MODULE 7.3 The Chemical Senses 210

- Chemical Coding 210
- Taste 211
 - Taste Receptors 211
 - How Many Kinds of Taste Receptors? 211
- APPLICATIONS AND EXTENSIONS** Chemicals That Alter the Taste Buds 212
 - Mechanisms of Taste Receptors 212
 - Taste Coding in the Brain 213
 - Individual Differences in Taste 213
- Olfaction 215
 - Olfactory Receptors 216
 - Implications for Coding 216
 - Messages to the Brain 217
 - Individual Differences 218
- Pheromones 219
- Synesthesia 219
- In Closing: Different Senses as Different Ways of Knowing the World 221
- Exploration and Study 223



Movement 225

- MODULE 8.1 The Control of Movement** 226
- Muscles and Their Movements 226
 - Fast and Slow Muscles 228
 - Muscle Control by Proprioceptors 229
- Units of Movement 230
 - Voluntary and Involuntary Movements 230
- APPLICATIONS AND EXTENSIONS** Infant Reflexes 230

- Movements Varying in Sensitivity to Feedback 231
- Sequences of Behaviors 231
- In Closing: Categories of Movement 232

MODULE 8.2 Brain Mechanisms of Movement 234

- The Cerebral Cortex 235
 - Areas Near the Primary Motor Cortex 236
 - Mirror Neurons 237
 - Conscious Decisions and Movements 238
 - Connections From the Brain to the Spinal Cord 240
- The Cerebellum 242
 - Role in Functions Other Than Movement 242
 - Cellular Organization 243
- The Basal Ganglia 245
- Brain Areas and Motor Learning 246
- In Closing: Movement Control and Cognition 247

MODULE 8.3 Movement Disorders 249

- Parkinson's Disease 249
 - Possible Causes 249
 - L-Dopa Treatment 252
 - Other Therapies 252
- Huntington's Disease 253
 - Heredity and Presymptomatic Testing 253
- In Closing: Heredity and Environment in Movement Disorders 256
- Exploration and Study 257



Wakefulness and Sleep 259

MODULE 9.1 Rhythms of Waking and Sleeping 260

- Endogenous Cycles 260
- Setting and Resetting the Biological Clock 261
 - Jet Lag 263
 - Shift Work 263
- Mechanisms of the Biological Clock 264
 - The Suprachiasmatic Nucleus (SCN) 264
 - How Light Resets the SCN 264
 - The Biochemistry of the Circadian Rhythm 266
 - Melatonin 266
- In Closing: Sleep–Wake Cycles 267

MODULE 9.2 Stages of Sleep and Brain Mechanisms 269

- Sleep and Other Interruptions of Consciousness 269

- The Stages of Sleep 269
- Paradoxical or REM Sleep 270
- Brain Mechanisms of Wakefulness and Arousal 272
 - Brain Structures of Arousal and Attention 272
- Brain Function in REM Sleep 274
- Sleep Disorders 275
 - Sleep Apnea 276
 - Narcolepsy 277
 - Periodic Limb Movement Disorder 277
 - REM Behavior Disorder 277
 - Night Terrors, Sleep Talking, and Sleepwalking 277
- In Closing: Stages of Sleep 278

MODULE 9.3 Why Sleep? Why REM? Why Dreams? 280

- Functions of Sleep 280
 - Sleep and Energy Conservation 280
- APPLICATIONS AND EXTENSIONS** Hibernation 280
 - Need for Sleep and Effects of Deprivation 282
 - Sleep and Memory 282
- Functions of REM Sleep 283
- Biological Perspectives on Dreaming 284
 - The Activation-Synthesis Hypothesis 284
 - The Clinico-Anatomical Hypothesis 284
- In Closing: Our Limited Self-Understanding 285
- Exploration and Study 287



Internal Regulation 289

- MODULE 10.1 Temperature Regulation** 290
 - Homeostasis and Allostasis 291
 - Controlling Body Temperature 291
 - APPLICATIONS AND EXTENSIONS** Surviving in Extreme Cold 292
 - The Advantages of Constant High Body Temperature 293
 - Brain Mechanisms 293
 - Fever 294
- In Closing: Combining Physiological and Behavioral Mechanisms 295
- MODULE 10.2 Thirst** 296
 - Mechanisms of Water Regulation 296
 - Osmotic Thirst 296

- Hypovolemic Thirst and Sodium-Specific Hunger 297
- In Closing: The Psychology and Biology of Thirst 299

MODULE 10.3 Hunger 300

- How the Digestive System Influences Food Selection 300
 - Enzymes and Consumption of Dairy Products 301
 - Other Influences on Food Selection 301
- Short- and Long-Term Regulation of Feeding 302
 - Oral Factors 302
 - The Stomach and Intestines 303
 - Glucose, Insulin, and Glucagon 303
 - Leptin 305
- Brain Mechanisms 306
 - The Arcuate Nucleus and Paraventricular Hypothalamus 306
 - The Lateral Hypothalamus 307
 - Medial Areas of the Hypothalamus 309
- Eating Disorders 310
 - Genetics and Body Weight 310
 - Weight Loss 311
 - Anorexia Nervosa 312
 - Bulimia Nervosa 312
- In Closing: The Multiple Controls of Hunger 313
- Exploration and Study 315



Reproductive Behaviors 317

- MODULE 11.1 Sex and Hormones** 318
 - Organizing Effects of Sex Hormones 319
 - Sex Differences in the Gonads 319
 - Sex Differences in the Hypothalamus 321
 - Activating Effects of Sex Hormones 321
 - Rodents 321
 - Humans 322
 - Parental Behavior 325
- In Closing: Reproductive Behaviors and Motivations 327
- MODULE 11.2 Variations in Sexual Behavior** 329
 - Evolutionary Interpretations of Mating Behavior 329
 - Interest in Multiple Mates 329
 - What Men and Women Seek in a Mate 330
 - Differences in Jealousy 330
 - Evolved or Learned? 330
 - Conclusions 330

Gender Identity and Gender-Differentiated Behaviors 331
 Intersexes 331
 Interests and Preferences of CAH Girls 332
 Testicular Feminization 333
 Issues of Gender Assignment and Rearing 333
 Discrepancies of Sexual Appearance 334
 Sexual Orientation 335
 Behavioral and Anatomical Differences 335
 Genetics 336
 An Evolutionary Question 336
 Prenatal Influences 337
 Brain Anatomy 338
 In Closing: We Are Not All the Same 339
 Exploration and Study 341



Emotional Behaviors 343

MODULE 12.1 What Is Emotion? 344
 Emotions, Autonomic Arousal, and the James-Lange Theory 344
 Is Physiological Arousal *Necessary* for Emotions? 345
 Is Physiological Arousal *Sufficient* for Emotions? 345
 Brain Areas Associated With Emotion 346
 Attempts to Localize Specific Emotions 346
 Contributions of the Left and Right Hemispheres 348
 The Functions of Emotions 349
 Emotions and Moral Decisions 349
 Decision Making After Brain Damage That Impairs Emotions 350
 In Closing: Emotions and the Nervous System 351
MODULE 12.2 Attack and Escape Behaviors 353
 Attack Behaviors 353
 Heredity and Environment in Violence 354
 Hormones 355
 Serotonin Synapses and Aggressive Behavior 356
 Escape, Fear, and Anxiety 357
 Fear, Anxiety, and the Amygdala 357
 Studies of Rodents 358
 Studies of Monkeys 359
 Activation of the Human Amygdala 359
 Damage to the Human Amygdala 360
 Anxiety-Reducing Drugs 362

METHODS 12.1 Microdialysis 362
APPLICATIONS AND EXTENSIONS Alcohol as an Anxiety Reducer 364
 In Closing: Doing Something About Emotions 364
MODULE 12.3 Stress and Health 366
 Concepts of Stress 366
 Stress and the Hypothalamus-Pituitary-Adrenal Cortex Axis 366
 The Immune System 367
 Effects of Stress on the Immune System 367
 Stress Control 369
 Posttraumatic Stress Disorder 369
 In Closing: Emotions and Body Reactions 370
 Exploration and Study 371



The Biology of Learning and Memory 373

MODULE 13.1 Learning, Memory, Amnesia, and Brain Functioning 374
 Localized Representations of Memory 374
 Lashley's Search for the Engram 374
 The Modern Search for the Engram 376
 Types of Memory 377
 Short-Term and Long-Term Memory 377
 Working Memory 378
 The Hippocampus and Amnesia 379
 People With Hippocampal Damage 379
 Theories of the Function of the Hippocampus 382
 The Hippocampus and Consolidation 386
 Other Types of Amnesia 387
 Korsakoff's Syndrome and Other Prefrontal Damage 387
 Alzheimer's Disease 388
 What Patients With Amnesia Teach Us 389
 The Role of Other Brain Areas in Memory 389
 In Closing: Different Types of Memory 391
MODULE 13.2 Storing Information in the Nervous System 393
APPLICATIONS AND EXTENSIONS Blind Alleys and Abandoned Mines 393
 Learning and the Hebbian Synapse 394

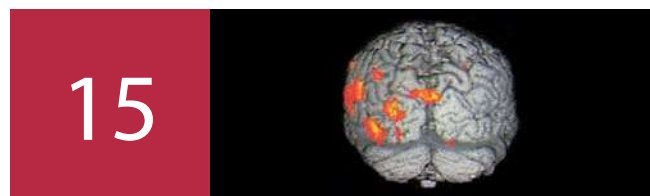
Single-Cell Mechanisms of Invertebrate Behavior Change	395
<i>Aplysia</i> as an Experimental Animal	395
Habituation in <i>Aplysia</i>	395
Sensitization in <i>Aplysia</i>	396
Long-Term Potentiation in Vertebrates	396
Biochemical Mechanisms	397
LTP and Behavior	399
Drugs and Memory	399
In Closing: The Physiology of Memory	400
Exploration and Study	401



Cognitive Functions 403

MODULE 14.1 Lateralization of Function	404
The Left and Right Hemispheres	404
Visual and Auditory Connections to the Hemispheres	404
Cutting the Corpus Callosum	405
Split Hemispheres: Competition and Cooperation	408
The Right Hemisphere	409
Hemispheric Specializations in Intact Brains	410
Development of Lateralization and Handedness	410
Anatomical Differences Between the Hemispheres	411
Maturation of the Corpus Callosum	411
Development Without a Corpus Callosum	412
Hemispheres, Handedness, and Language Dominance	412
Avoiding Overstatements	412
In Closing: One Brain, Two Hemispheres	413
MODULE 14.2 Evolution and Physiology of Language	415
Nonhuman Precursors of Language	415
Common Chimpanzees	415
Bonobos	416
Nonprimates	417
How Did Humans Evolve Language?	418
Language as a Product of Overall Intelligence	418
Language as a Special Module	419
A Sensitive Period for Language Learning	420
Brain Damage and Language	420
Broca's Aphasia (Nonfluent Aphasia)	420
Wernicke's Aphasia (Fluent Aphasia)	422
Brain Mechanisms for Bilinguals	424
Music and Language	424
Dyslexia	424
In Closing: Language and the Brain	427

MODULE 14.3 Consciousness and Attention	428
Brain Activity Associated With Consciousness	428
Consciousness as a Threshold Phenomenon	430
The Fate of an Unattended Stimulus	431
The Timing of Consciousness	431
Neglect	431
In Closing: Attending to Attention and Being Conscious of Consciousness	433
Exploration and Study	434



Mood Disorders and Schizophrenia 437

MODULE 15.1 Mood Disorders	438
Major Depressive Disorder	438
Genetics and Life Events	439
Nongenetic Biological Influences	439
Abnormalities of Hemispheric Dominance	440
Antidepressant Drugs	440
APPLICATIONS AND EXTENSIONS Accidental Discoveries of Psychiatric Drugs	440
Effectiveness of Antidepressants	442
Other Therapies	445
Bipolar Disorder	445
Genetics	446
Treatments	446
Seasonal Affective Disorder	446
In Closing: The Biology of Mood Swings	447
MODULE 15.2 Schizophrenia	449
Characteristics	449
Behavioral Symptoms	449
APPLICATIONS AND EXTENSIONS Differential Diagnosis of Schizophrenia	450
Demographic Data	450
Genetics	451
Twin Studies	451
Adopted Children Who Develop Schizophrenia	452
Efforts to Locate a Gene	452
The Neurodevelopmental Hypothesis	453
Prenatal and Neonatal Environment	453
Mild Brain Abnormalities	454